

Cauliflower Alfredo Bagel Bites



6 whole-wheat mini bagels
2 Tablespoons water
3 cups fresh cauliflower florets
1/4 cup fat-free Greek yogurt

1/4 teaspoon salt
1 Tablespoon minced garlic
1 3/4 cup shredded part-skim
mozzarella cheese, divided

Instructions: Preheat oven to 400°F. Wash hands with soap and water. Halve each bagel and arrange cut-side up on a baking sheet lined with parchment paper. In a large microwave-safe bowl, add water and cauliflower florets; cover with a plate or microwave cover. Heat for 3 minutes or until easily pierced with a fork. Transfer to a food processor or blender. Add yogurt, salt, garlic and 1/4 cup mozzarella cheese. Puree until smooth. Spread cauliflower sauce evenly on each bagel half. Top with remaining cheese. Bake for 15 minutes or until tops are golden. Let cool 5 minutes before serving.

Yield: 6 servings (2 bagel halves each)

Nutrition Facts (per serving): 220 calories, 7 grams fat, 520 milligrams sodium, 23 grams carbohydrate, 1 gram fiber, 14 grams protein